



Spice It Up

Here are a variety of ways to add extra flavor to your food without adding salt or calories.

Try adding herbs – fresh or dried.

1 tablespoon fresh herb = 1 teaspoon dried herb

Basil
Bay leaf
Cilantro
Dill

Marjoram
Mint
Oregano
Parsley

Rosemary
Sage
Savory
Thyme

Spice it up.

Allspice
Cinnamon
Cloves
Cumin

Nutmeg
Paprika
Pepper (black, cayenne,
green, white, red)



Use seeds.

Anise
Caraway
Cardamom

Celery
Coriander
Fennel

Mustard
Poppy
Sesame

Add a little zing!



Chile powder
Curry
Garlic

Ginger
Horseradish
Lemon juice

Onions
Peppers
Vinegar

Mix, match, blend and enjoy.

